

great example to all Americans. I rise to be able to honor a great Oklahoma citizen, Ralph Ellison, and begin a one-year celebration of his 100th birthday.

#### THE NAGORNO-KARABAKH REGION OF AZERBAIJAN

(Ms. CHU asked and was given permission to address the House for 1 minute.)

Ms. CHU. This year marks the 25th anniversary of a critical turning point in the political freedom of the Armenian people of Azerbaijan. Let us take this occasion to remember their struggle for self-determination and freedom.

In 1988, the Nagorno-Karabakh region of Azerbaijan petitioned to become part of Armenia. For the next 2 years, the Armenian population was the target of racially motivated pogroms. Hundreds of Armenians were murdered and more wounded during three violent attacks in Sumgait, Kirovabad, and Baku.

In 1991, Nagorno-Karabakh officially declared independence, becoming a democratic state committed to freedom and respect for human rights. But today, the people of Nagorno-Karabakh are still forced to live under authoritarian rule. As we commemorate their century-long struggle, let us not forget their quest for autonomy and justice.

#### WE MUST RESTRAIN SPENDING

(Mr. THOMPSON of Pennsylvania asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. THOMPSON of Pennsylvania. Mr. Speaker, this year the United States Treasury received more revenue than any year in the history of our Nation, yet we will spend a third more than we take in. Clearly, we do not have a revenue problem. We have a spending problem.

The Budget Control Act signed into law last year was a good first step towards deficit reduction, half of which has already been put in motion. With the Supercommittee's failure to achieve the other half, those cuts are now going into effect under sequestration.

Can these cuts be made smartly, targeting waste and overspending? Absolutely, but only if the President stops playing scare politics and begins working with Congress to make these reductions in a manner that best protects national defense and domestic priorities.

If the sequester takes full effect, the Nation's budget is still on a path to grow exponentially over the next 10 years. Unless we continue to restrain spending, our \$17 trillion national debt will continue to grow, crowding out the Nation's ability to even provide for the most in need.

We have a spending problem, not a revenue problem. More taxes won't solve it, but a little more leadership sure would help.

#### NATIONAL SCHOOL BREAKFAST WEEK

(Mrs. CAPPS asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Mrs. CAPPS. Mr. Speaker, I rise today in honor of National School Breakfast Week. We know that the simple act of a child eating a healthy breakfast can have dramatic effects, not only on their health, but on their academic performance.

I am cochair of the Congressional School Health and Safety Caucus, and I was honored to join the Share Our Strength's No Kid Hungry Campaign discussing last week, in a briefing, the importance of the School Breakfast Program.

I was proud to vote for the bipartisan Healthy, Hunger-Free Kids Act of 2010 that helped to expand the School Breakfast Program, but I'm disheartened that only about half of eligible students are participating in the program. We can do better.

I spent years as a school nurse, and I saw, firsthand, how hunger can cause children to lack focus in school, often get sick, and eventually fall behind. And that's why students are encouraged to eat, and often provided with a breakfast on the day of a big test. But we need to make sure they eat breakfast every day.

We've put the School Breakfast Program in place, and now we need to increase awareness and ensure access for all eligible students. That's why I encourage my colleagues to join me in recognizing National School Breakfast Week because, after all, breakfast is the most important meal of the day.

#### SEQUESTRATION IS AFFECTING US ALL

(Mr. WEBER of Texas asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. WEBER of Texas. Mr. Speaker, it doesn't seem like good leadership practice for the President to be going around the country reminding Americans that he failed to prevent his own sequestration, but to each his own.

Unfortunately, the President's sequestration is affecting us all. Why should he have shackled us all with the sequestration?

The truth is, the President's inability to lead has shackled us. The truth is, the President has not only a spending problem but a denial problem.

Well, make no mistake, Mr. Speaker. Sequestration is here. I implore the President to come back, work with Congress, and quit campaigning in the media.

#### SEQUESTRATION HAS BEGUN

(Ms. HAHN asked and was given permission to address the House for 1 minute.)

Ms. HAHN. Mr. Speaker, Congress' failure to avert the sequestration with a balanced and responsible plan before the March 1 deadline is not just sad, it's inexcusable. The ramifications of failure are anything but artificial. They are real and they are severe. While the sequestration process has begun, it is not too late to work together to put us back on the right path.

Funny enough, Democrats and Republicans actually agree on one thing: that we can and must adjust the way we spend money. But we have dramatically different ideas about the best approach.

Democrats in Congress have a balanced approach, which includes spending cuts and revenue through closing tax loopholes to reduce our debt. This sequestration plan is not the answer to dealing with our deficits, and neither is another eleventh-hour temporary solution.

We owe it to the American people to move the needle forward and come to a compromise on a real plan that will increase revenue from sources other than just slashing critical programs.

I ask unanimous consent to bring up H.R. 699, a balanced bill to replace this sequester with spending cuts and revenues.

The SPEAKER pro tempore. Under the guidelines consistently issued by successive Speakers, as recorded on page 752 of the House Rules and Manual, the Chair is constrained not to entertain the gentlewoman's request unless it has been cleared by the bipartisan floor and committee leaderships.

#### GOVERNMENT SPENDING IS THE PROBLEM

(Mrs. McMORRIS RODGERS asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Mrs. McMORRIS RODGERS. Mr. Speaker, last week I sat around the table with a group of young people, Millennials, who wanted to talk with me about solving our Nation's spending problem. These Millennials want all the same thing: a solution to Washington's spending problem today to stop hurting America's youth tomorrow.

I heard from one young college student who had just recently graduated, and she said, you know, I was excited to embrace all the opportunities that America had to offer, only to have many people tell me to expect 5 years of unemployment.

Unfortunately, these challenges are not unique, and their experiences are not uncommon. The national debt is more than a \$16 trillion pricetag. It's more than just a number.

Washington's out-of-control spending threatens the next generation of America's leaders from finding jobs after they graduate and having the tools they need to keep America competitive. Why?

Because spending is the problem. So we will continue to urge the Democrats